

help me grow

APRIL-JUNE 2010
QUARTERLY NEWSLETTER

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Join us for an Easter Egg Hunt at the April 3rd Help Me Grow Playgroup at the West Chester location of ABC Pediatrics. More details inside!



14 Reasons to Get to the E.R., Stat

adapted from an article by Michelle Crouch, from the February 2010 edition of *Parents Magazine*

If your child has any of these symptoms, don't check with your pediatrician, go immediately to the emergency room.

- 1- Unconsciousness or no response when you speak to him or her
- 2- A burn that is larger than your child's palm or involves the hands, feet, groin, chest, or face
- 3- Rhythmic jerking, with or without loss of consciousness (a seizure)
- 4- Difficulty breathing
- 5- Skin or lips that look blue, purple, or gray
- 6- Neck stiffness or a rash with tiny red dots or purple splotches anywhere on the body, along with a fever
- 7- Increasing or extremely severe, persistent pain
- 8- A cut that is very large, deep, or involves the chest or abdomen
- 9- Bleeding that doesn't stop after you've

applied pressure for 10 minutes

- 10- Any confusion, headache, vomiting, or loss of consciousness after a head injury
- 11- Continuous vomiting or diarrhea and dehydration (a sign he or she hasn't urinated at all for ten hours)
- 12- Possible broken bones
- 13- Severe allergic reaction (swollen lips or tongue)
- 14- Swallowing an object or a dangerous substance

If you are not sure that it is an emergency and your child's condition is not life threatening, then always call your pediatrician before packing up for a trip to the E.R. Your pediatrician can tell you whether an E.R. trip is really necessary and, if so, he can alert the hospital to say you're coming. It can really make a difference; the staff will be more prepared for your arrival.

Remember, if you do find yourself with your child in the E.R. because your pediatrician

recommended the trip, try and "keep your cool". It is much easier said than done, but doctors and nurses say this is their number-one piece of advice. Kids will pick up cues from their parents. If you are anxious, then your child will be more scared. Remember, the emergency-room doctors have probably seen your child's particular situation dozens, if not hundreds, of times. So try to focus on what you're best at -reassuring and consoling your child- and know that he's in good hands.

What's Inside:

Up All Night?	2
Playgroup & Parties	2
Spring Fling Event	3
No More Food Fights	4



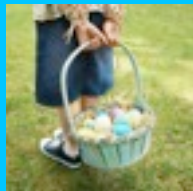
Saturday, May 22, 2010: Our ANNUAL HELP ME GROW event! Come join us for a SPRING FLING! A family-friendly, fun time for parents & children in Help Me Grow. Look inside for more details!

2010 HMG PLAYGROUP SCHEDULE

ABC Pediatrics will continue to host our playgroups! They have a giant indoor play area complete with swings, slides, bikes, tricycles, a foam pit, and more!

April 3rd

West Chester Location only,
12:30 pm - 2:30 pm **Egg Hunt
during playgroup! Bring your
own basket!



May 15th

West Chester & Western Hills
Locations, 10 am - 12 pm

June 19th

West Chester Location only,
10 am - 12 pm

July 17th

West Chester Location only,
10 am - 12 pm

August 21st

West Chester Location only,
10 am - 12 pm

September 18th

West Chester Location only,
10 am - 12 pm

October 16th

West Chester Location only,
10 am - 12 pm **Children can
wear costumes to this playgroup!



PLAYGROUP LOCATIONS

Western Hills - 2039 Anderson
Ferry Rd., Cincinnati, 45238

West Chester - 9902 Windisch
Rd., West Chester, 45069

Up All Night?



What the experts say
when your little ones
just won't sleep...

4 POPULAR PLANS FOR LITTLE ONES...

SUPERVISED CRYING: For the first few days, sit by the crib and calm your baby back to sleep. Move your chair progressively farther away until you're shushing her from outside the door---then not at all. **READ MORE IN:** *Good Night, Sleep Tight* by Kim West.

GENTLE APPROACH: Once your child learns to soothe himself to sleep at bedtime (you put him down and leave, though you can check on him frequently without picking him up), he'll be able to do so in the middle of the night. This process takes about two weeks, during which time you can do whatever you normally do to soothe him back to sleep at night--nurse or rock him. **READ MORE IN:** *Sleeping Through the Night* by Jodi Mindell, Ph.D.

CHECKING METHOD: This involves frequent bedside checks at progressively longer intervals but no picking up the baby. **READ MORE IN:** *Solve Your Child's Sleep Problems* by Richard Ferber, M.D.

CRY IT OUT: Kiss and hug your baby, shut the door--and don't come back until morning, even if she cries for an hour. **READ MORE IN:** *Healthy Sleep Habits, Healthy Child* by Marc Weissbluth, M.D.

3 COMMON PROBLEMS & SOLUTIONS FOR OLDER ONES...

THE SNAG: He is a classic stalker--asking for just one more story, another good-night kiss.

YOUR STRATEGY: Set a limit for the number of bedtime stories, songs, and hugs--and stick to it. Before you shut the door for the night, place the sippy cup by the bed, flick on the night-light, and offer to take care of any other reasonable requests. "All toddlers will try to negotiate a different deal," says author Kim West. "Be loving but firm."

THE SNAG: She climbs out of bed the minute you leave the room.

YOUR STRATEGY: "A calming bedtime routine helps prepare a child physically and psychologically for sleep," says Dr. Owens. Within a week, you should see a change. Still no success? "Escort the recalcitrant one back to bed every time she gets out with a firm 'It's time to go to sleep now.' Don't fall into the trap of following through the first four times and then giving up. This only teaches a child to persist long enough to get her way."

THE SNAG: He awakens with the sunrise, then wakes you.

YOUR STRATEGY: Minimize morning light exposure and outside noise by using room-darkening shades and a good white-noise machine. You can also experiment with bedtimes. "The common cause for early rising is too late a bedtime, nap deprivation, and too large a gap between the afternoon nap and bedtime," says West. If your toddler is hardwired to wake at 5 a.m., an earlier bedtime will ensure he gets the total sleep hours he needs.

Workshops

Children Welcome!
Bus Tokens or Gas
Cards Available!
Refreshments &
snacks provided!

RSVP to Jennifer
Powers at (513)
272-2800 x4526 or
jpowers@thechildrenshomecinti.org

Coming Soon!

Knowing Your Rights is NOT a Game

Wed. May 19th, 10-11AM
Learn the rights you have
in HMG & make choices
to reflect your family's
needs

Plan Ahead

Discipline & Wee Ones

Tues. Sept. 21st 10-11AM
Tools and tips for success in
encouraging the best
behavior from little ones.

Save the Date

Look Who's Talking

Tues. Oct. 26th 1-2PM
How to foster
communication development
in your little one.

Could Your Child Become a Target of Bullying?

Wed. Nov. 17th 1-2PM
Plan in advance and keep
your little one from enduring
the hardships of bullying.



SPRING FLING 2010
sponsored by the Hamilton County's Help Me Grow Program

**Saturday
May 22, 2010
10 am - 1 pm**

Lots of Giveaways!
food refreshments &
other treats provided

THE CHILDREN'S HOME OF OHIO
ORIGINALLY PERFORMING & CRAFTS
3000 MADISON ROAD CINCINNATI, OH 45227



PRESENTATIONS:

Lead Poisoning 🍀 Car Seat Safety 🍀 Infant Massage 🍀 Homemade Toy Making

FUN ACTIVITIES:

- Activities from the Duke Energy Children's Museum
- Magician
- Balloon Artist
- Petting Zoo
- Face Painting
- Juggler



For more information & to RSVP please contact:
Jennifer Powers at 272.2800, ext. 4526 or email
jpowers@thechildrenshomecinti.org

Remember that Hamilton
County Help Me Grow
Family Support also
supplies you with a host
of events and information
including:

- Bi-Weekly 411 Emails
- Monthly Calendars
- Parent Trainings
- Yahoo Board
- Monthly Playgroups
- ...and Quarterly
Newsletters

For copies of Family
Support materials or more
information on events,
contact Jen Powers
272-2800 x 4526.



7 Sous-Chef Tasks Preschoolers Adore

- *Sprinkling Cheese
- *Dropping berries into batter
- *Peeling bananas
- *Cracking eggs (with help)
- *Spray-coating a pan
- *Mashing potatoes
- *Packing lunches

NO MORE FOOD FIGHTS

If you have a child who sticks out his tongue at the sight of veggies or only eats "white" foods, you're far from alone. But don't despair. Here are some smart solutions for helping even the fussiest kids become more adventurous!

by Suzanne Schlosberg
from the March 2010 edition
of *Parents Magazine*



10 Healthy Food Ideas Your Child Might Love

1. Fruit Parfait - Spoon layers of fat-free yogurt, fruit, and crushed cereal into a nonbreakable ice-cream dish.
2. Smoothie - Mix fruit with juice or fat-free yogurt or milk. Your kid will get a kick out of watching the color change.
3. Extraordinary Eggs - Lay cookie cutters on a frying pan, fill with egg mixture, then sprinkle in veggies with your child.
4. Veggie Tic-Tac-Toe - Play this three-across game on a paper plate (so you can draw the grid) with cut up veggies. Then munch away.
5. Pepper Bowl - Fill a hallowed bell pepper with chicken salad or hummus. Slice up some carrot sticks for dipping.
6. Blind Taste Test - Cut up veggies, blindfold your child, and have him taste them. See if he can guess what each one is.
7. Quickie Pizza - Let your child put tomato sauce and shredded cheese on a tortilla. Add veggies. Then toast and serve.
8. Homemade Fruit Pops - Pour juice into ice-pop trays. Drop in chopped-up berries and oranges. Add a stick, then freeze.
9. Waffle Face - Have your child create a silly face (or pattern) with strawberry or banana slices. It works with pancakes too.
10. Frozen Fruit - Icy grapes and blueberries are more than fun than fresh ones because they seem like popsicles, not fruit.

5 Kitchen Skills Toddlers Can Learn

- * Tearing Lettuce
- * Steadying a mixing bowl
- * Washing fruit
- * Handing you a non-breakable measuring cup
- * Stirring the ingredients (with your help)